



Harvard Pilgrim
Health Care

**“I love that my
plan comes with
lots of extras
that deliver
more value
and savings.”**

**Programs to help you be well
and save money.**



The individual shown is representative only. The comment is a composite of sentiments often expressed by our members.

FORM NO: NH_CC8281_0819

Once you're a member, register for your member account at harvardpilgrim.org to learn more about these and other programs that bring you value.

Be well



Improve your well-being

Whether you're seeking support for nutrition, fitness, finances or stress management, our vibrant well-being engagement platform is packed with tools that let you define your own vision of a healthier you.

Visit harvardpilgrim.org/well-being

Learn more about managing a health condition

Our nurse care managers are available to help you manage your condition, support your care and improve your quality of life.

Visit harvardpilgrim.org/nursecare

Coaching you to better health

A Harvard Pilgrim personal health coach can support, educate and motivate you on your way to better health. This service comes at no additional cost and is available to any member age 18 and older.

Visit harvardpilgrim.org/healthcoach

Manage stress, increase focus and stay healthy

Explore the basic practices of mindfulness through instructional videos and guided meditation through our *Mind the Moment* program.

Visit harvardpilgrim.org/mindthemoment

Save money



Stay healthy and save with special programs including up to \$150 fitness reimbursement per member

Harvard Pilgrim members can save on a wide range of products and services to help stay healthy and active, including vision, fitness, dental care and much more.*

Visit harvardpilgrim.org/savings

Estimate your health care expenses and compare provider costs

Get an estimate of your out-of-pocket costs before you receive care. Search for hundreds of services and procedures and compare costs for multiple providers.

Visit harvardpilgrim.org/estimatecosts

*Up to \$150 maximum reimbursement per individual or family Harvard Pilgrim policy in a calendar year (reimbursement maximum may vary by employer). Restrictions apply, and reimbursement is not available to all members. For tax information, consult with your employer or tax advisor.

Visit harvardpilgrim.org

Prospective members: (800) 848-9995

Current members: (888) 333-4742

TTY: 711

Harvard Pilgrim Health Care includes Harvard Pilgrim Health Care, Harvard Pilgrim Health Care of Connecticut, Harvard Pilgrim Health Care of New England and HPHC Insurance Company.